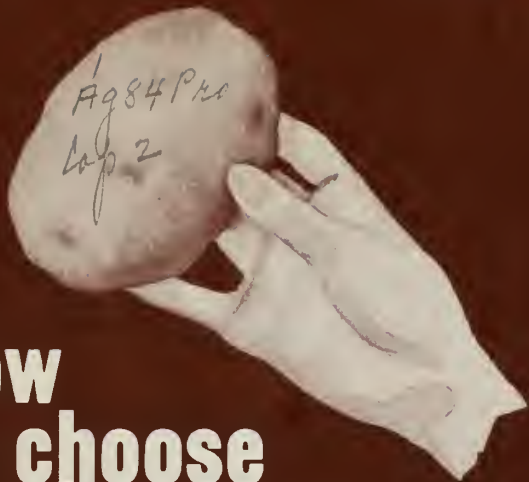


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**How
to choose
and use**

POTATOES

U. S. DEPARTMENT OF AGRICULTURE • Extension Service
and State Land-Grant Colleges, Cooperating

PA-120

Look for potatoes that are . .

1. Firm.
2. Smooth.
3. Fairly well shaped.
4. Reasonably clean.
5. Relatively free from blemishes.

Avoid green color.

It is sunburn or light burn, which usually makes potatoes bitter.

One pound of potatoes provides . .

4-5 half-cup servings.

Because of the quantity in which they are eaten, potatoes can be an important source of vitamin C.

New potatoes contain the most.

Sweetpotatoes provide vitamin A in addition to vitamin C.

Plan to use one or more servings daily of potatoes or sweetpotatoes.

STORE . . at room temperature
or slightly cooler
(60°-70° F.).

Keep away from the light.

COOK . . boil, half or whole, in a
small amount of salted
water, 25-45 minutes,

. . or bake 35-60 minutes,
depending on size, in
a hot oven at 425° F.

. . in their skins to
retain the nutrients.



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